What is claimed is:

1. An initialization method for a phase change type optical disc which has a sequentially deposited layer structure of a first dielectric layer, a recording layer, a second dielectric layer and a reflective layer on a substrate, comprising the steps of:

irradiating a laser beam of a predetermined power onto a specimen optical disc;

increasing the power of the laser beam with constant rate;

detecting a reflectivity of the laser beam reflected from the optical disc in accordance with the increasing laser power;

detecting a saturated value of the reflectivity of the laser beam;

detecting an optimal power of the laser beam where the reflectivity belongs 70% to 90% of the saturated value; and

performing initialization by irradiating the laser beam having thus obtained optimal power onto the optical disc to be initialized.

2. The method of claim 1, wherein the optimal power of the laser beam is determined where the reflectivity belongs 75% to 85% of the saturated value.

3. The method of claim 1, wherein

the first and second dielectric layers are made of ZnS-SiO_2; and

the recording layer is made of GeSbTe.

4. The method of claim 1, wherein

the first and second dielectric layers are made of ZnS-SiO_2; and

the recording layer is made of AgInBTe.

5. The method of claim 1, wherein the irradiated laser beam has a wavelength of 450 ~ 830 nm.

6. An initialization method for a phase change type optical disc which has a sequentially deposited layer structure of a first dielectric layer, a recording layer, a second dielectric layer and a reflective layer on a substrate, comprising the steps of:

yielding a relationship between a power of an irradiated laser beam and a reflectivity of the laser beam reflected from a specimen optical disc;

detecting a saturated value of the reflectivity;

detecting an optimal power for the initialization where the reflectivity belongs 70% to 90% of the saturated value; and

performing initialization by irradiating the laser beam having thus obtained optimal power onto the optical disc to be initialized.

7. The method of claim 6, wherein the optimal power of the laser beam is determined where the reflectivity belongs 75% to 85% of the saturated value.

8. The method of claim 6, wherein the recording layer is made of GeSbTe.

9. The method of claim 6, wherein the recording layer is made of AgInBTe.

10. The method of claim 6, wherein

the first and second dielectric layers are made of ZnS-SiO_2; and

the recording layer is made of GeSbTe.

11. The method of claim 6, wherein

the first and second dielectric layers are made of ZnS-SiO_2; and

the recording layer is made of AgInBTe.

12. The method of claim 6, wherein the irradiated laser beam has a wavelength of 450 ~ 830 nm.

13. An initialization method for a phase change type optical disc, comprising the steps of:

yielding a relationship between a power of an irradiated laser beam and a reflectivity of the laser beam reflected from a specimen optical disc;

detecting a saturated value of the reflectivity;

detecting an optimal power for the initialization where the reflectivity belongs 70% to 90% of the saturated value; and

performing initialization by irradiating the laser beam having thus obtained optimal power onto the optical disc to be initialized.

14. The method of claim 13, wherein the optimal power of the laser beam is determined where the reflectivity belongs 75% to 85% of the saturated value.

15. The method of claim 13, wherein the irradiated laser beam has a wavelength of 450 ~ 830 nm.